

Crew Rest

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–10:30		Weekly housecleaning
10:30–12:00	FE-1	Physical exercise (RED)
10:30–11:10	CDR	Maintenance of COЖ
11:10–11:20	FE-2	Private psychological conference (<i>VHF</i>)
11:10–11:30	CDR	Correction of БИHC using PUMA optical instrument (backup)
11:30–13:00	FE-2	Physical exercise (VELO+RED / active rest)
11:30–12:30	CDR	Physical exercise (TVIS)
12:00–13:00	FE-1	Physical exercise (CEVIS)
12:45–12:55	CDR	Private psychological conference (<i>VHF</i>)
13:05–13:35		Weekly planning conference (<i>S-band</i>)
13:35–14:35		LUNCH
14:35–14:45	FE-1	Weekly payload status check
16:00–17:00	FE-2	Physical exercise (TVIS active rest)
17:00–18:30	CDR	
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

Note:

See OSTP for references to US activities

TASK LIST : FE-2 (or CDR) : Indexing contents of EGE2 HDD

End of radiogram